







2022

November

Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THANK YOU !</p>	<p>11am Qi-Gong EVERY Mon/Weds/Fri in Theater</p> <hr/> <p>11am Exercise & Dance EVERY Tues/Thurs in Theater</p>	<p>1</p> <p>9am Admin Duties 1pm RT Prize Bingo- CC 1:30pm Documentary- Th 6pm Saloon Night- DI</p>	<p>2</p> <p>9:30am Music Trivia 10:15am Room Visits 1pm Bingo- CC 1pm IDT Meeting 1:30pm Glenna's Book Club- GR</p>	<p>3</p> <p>11:30am RT Jazz Band Luncheon- CC 2pm Room Visits</p>	<p>4</p> <p>OFF 10am Meditation- GR 11am Qi-Gong- Th 7pm Salvation Army Band Performance- Th</p>	<p>5</p> <p>1pm Jackpot Bingo- CC 4pm Social- DI 6pm Movie- Th</p>
<p>6</p> <p>9am Protestant Service- Th 10am Classic Car Show 6pm Movie- Th</p>	<p>7</p> <p>RDO 11:30am Popcorn- CCL 1pm Fall Colors Workshop- CC 1:30pm Movie- Th</p>	<p>8</p> <p>OFF 1:30pm Documentary- Th 6pm Casino Night- CC</p> 	<p>9</p> <p>9:30am Art Outside the Lines- Sh3 Activity Rm. 1pm Bingo- CC 1pm IDT Meeting 1:30pm Glenna's Book Club- GR  Bill Stephens</p>	<p>10</p> <p>10am PAL Dog Visit 10am RT Bus Trip: Arundel Mills Mall 1pm Turkey Calling Contest- CC 4:30pm Marine Corps. Birthday Dinner</p>	<p>11</p> <p>10am RT Bingo w/ Omega Psi Phi- CC</p> 	<p>12</p> <p>10am Cat Visit- Sh1103 1pm Jackpot Bingo- CC 2pm RT Dessert Bar- CCL 4pm Social- DI 6pm Movie- Th</p>
<p>13</p> <p>9am Protestant Service- Th 6pm Movie- Th</p>	<p>14</p> <p>9am Admin. Duties 11:30am Popcorn- CCL 1:30pm Movie- Th 1:30pm Name That Tune</p>	<p>15</p> <p>11am Exercise & Dance- Th 1pm RT Bingo- CC 1:30pm Resident/Staff Bowling- BC 4:30pm Birthday Dinner</p>	<p>16</p> <p>9am Ceramic Mug Making- Ceramics 1pm Bingo- CC 1pm IDT Meeting 1:30pm Glenna's Book Club- GR</p>	<p>17</p> <p>9am Admin Duties/Training 1:30pm Balloon Soccer 2pm Paint & Sip- AC 6pm Movie- Th</p>	<p>18</p> <p>9:30am Hydration Cart 10am Meditation- GR 10:15am Random Trivia 1pm Turkey Hunt- CC 6pm Movie- Th</p>	<p>19</p> <p>1pm Jackpot Bingo- CC 4pm Social- DI 6pm Movie- Th</p>
<p>20</p> <p>9am Protestant Service- Th 6pm Movie- Th</p>	<p>21</p> <p>9am Admin. Duties 11:30am Popcorn- CCL 1pm Turkey Target Shooting- CC 1:30pm Movie- Th</p>	<p>22</p> <p>9:30am Morning Aerobics 10:15am Snack Cart 1pm RT Bingo- CC 1:30pm Documentary- Th 1:30pm Music Trivia- DI</p>	<p>23</p> <p>OFF 1pm Bingo- CC 1pm IDT Meeting</p>	<p>24</p>  <p>6pm Movie- Th</p>	<p>25</p> <p>OFF 11am Qi-Gong- Th 6pm Movie- Th</p>	<p>26</p> <p>1pm Jackpot Bingo- CC 4pm Social- DI 6pm Movie- Th</p>
<p>27</p> <p>9am Protestant Service- Th 6pm Movie- Th</p>	<p>28</p> <p>9:30am Balloon Volleyball 10:15am Room Visits 11:30am Popcorn- CCL 1:30pm Movie- Th 1:30pm Holiday Trivia- DI</p>	<p>29</p> <p>9:30am Can You List This? 10am Corn Hole- CC 10:15am Morning Stretch 1pm RT Bingo- CC 1:30pm Documentary- Th 2pm Doodle & Chug- DI</p>	<p>30</p> <p>9:30am Calendar Distro 10:15am Hydration Cart 1pm Bingo- CC 1pm IDT Meeting 1:30pm Glenna's Book Club- GR</p>	<p>Amanda Jensema, CTRS Recreation Therapist 202-541-7721</p>  <p>Steven Briefs, CTRS Recreation Supervisor 202-541-7733</p>	<p>LEGEND:</p> <p>AC- Artist Colony BC- Bowling Center BF- Ball Field BY- Sheridan Backyard CC – Community Center CCL- Community Center Lobby GR- Game Room CT- Canteen CY- Courtyard</p>	<p>LEGEND cont.</p> <p>DI- Defender's Inn GC – Golf Course HoH – Hall of Honors L- Library MR- Meditation Room PR- Promenade RC- Rose Chapel SCP- Scott Patio TH- Theater</p>